



# EFFECT OF SHADBINDU TAILA NASYA AND INTERNAL MEDICINES IN THE MANAGEMENT OF NASAPRATINHA W.S.R. TO DEVIATED NASAL SEPTUM- A SINGLE CASE STUDY

\*Dr. Syed Munawar Pasha

H.O. D & Professor, Dept. of PG and PhD Studies in Shalakya Tantra, G.A.M.C, Bengaluru, Karnataka, India

## ABSTRACT

**Background:** Nasapratinaha<sup>1</sup> is a commonly encountered disease in clinical practice. It is one of the nasal disorders, explained in Ayurveda, having nasal obstruction leading to difficulty in breathing as the main cardinal feature. In contemporary science, this condition can be correlated with various diseases such as, deviated nasal septum, turbinate hypertrophy, nasal polyps, mucosal congestion, allergic rhinitis, and others. Nasapratinaha can be correlated with deviated nasal septum. Deviated Nasal Septum is a common disease comes under category of nasal disorders which is characterized with symptoms of nasal obstruction, nasal discharge, headache and breathing difficulty. Depending on the causes of nasal obstruction, management also varies; which ranges from behavioural changes (i.e., avoiding exposure to inciting factors) and use of oral as well as topical drugs to invasive surgeries. The treatment can thus be medical or surgical. The existing treatment practices have their own merits and demerits, indications and contraindications, recurrences and complications etc. too, and accordingly the outcome differs. While relief is seen in many, many others have to live with a persistent stuffy nose throughout their life. Ayurveda suggested many options for managing such conditions like uses of natural remedies, Nasyakarma<sup>2</sup> and local application of Ayurveda medicine, etc. Drugs possessing Shodhana, Ropana, Lekhana, Stambhana and Kaphaghna properties offers therapeutic benefits in deviated nasal septum. A case report of 30-year-old male who presented with complaints of frequent nasal obstruction, nasal discharge, discomfort in nose and diagnosed as Nasapratinaha (deviated nasal septum) has been presented here. The patient was treated with Nasya karma and internal medicines. The treatment was found significantly effective in symptoms noticed in the follow up.

**KEYWORDS:** Nasapratinaha, Urdhvajatrugata Vikara, Deviated nasal Septum, Nasya, Shadbindu Taila, Agastya Hareetaki.

## INTRODUCTION

Indriyas are organ of sense. Nasa is one of the indriya among panchagyanendriya. Nasa plays vital role in process of respiration and is described as seat of Ghranendriya, the organ of olfaction. In the Ayurvedic literature, Nasa is included among the five Gyanendriya. On scrutinizing the Ayurvedic classics it is observed that, a lot of terms have been used by different Acharyas to indicate various anatomical parts of Nasa, while explaining them and also while describing the pathophysiology of Nasal diseases. Nasa plays important role in respiration hence is prone to bacteria, fungus, allergic reactions, degenerative changes and injuries. Each nasa roga has its own characteristic features but still Nasa pratinaha is more significant among all nasarogas. As in Nasa pratinaha, Ucchvasa and Nishwaasa samrodha is cardinal symptom and patients having Nasapratinaha roga are seen in day-to-day practice. Deviated Nasal Septum may also occur as anatomical disorders during infancy and also occurs in adulthood due to the indulgence in etiological factors and injuries, etc<sup>3</sup>.

In Nasa pratinaha, nasal mucosa is affected. Some nonspecific stimuli like temperature, humidity, emotional status, air pollution, viral infection can be responsible for nasal obstruction. According to Sushruta<sup>4</sup>, Due to hetu sevana, the udana vata gets covered by kapha, gets vitiated and stagnated in its swamarga, causes Nasapratinaha i.e., deviation of nasal septum. According to Ayurveda, Nasa pratinaha is vata kapha predominant disease. There are several regimens regarding Nasa pratinaha in Samhitas, but according to patient complaints and history of patient Nasya karma was chosen, as it is described in Sushruta Uttartantra.

## Case Report

Age: 30 years, Sex: Male, OPD: Shalakya OPD, GAMC, Bengaluru.

### C/O:

1. Frequent nasal obstruction in both nostrils
2. Watery Nasal discharge,
3. Discomfort in nose,

All complaints are from the past 3 months.

### On Examination:

Local examination of the nose:

The external nose was normal with widened anterior nares.

Anterior rhinoscopy examination:

Deviated nasal septum towards right side and inferior turbinate in left side of the cavity was hypertrophied with congestion of the nasal mucous membrane.

Sinus tenderness: No tenderness

Routine haematology (haemoglobin, total count, differential count, erythrocyte sedimentation rate, and absolute eosinophil count) investigations were done. Haemoglobin, total count, and differential count were within normal limits.

### History:

Patient had taken medical treatment which included a variety of antihistamines, decongestants, and topical and systemic corticosteroids for 2 months; but get relief as long as in use. After discontinuation of medication recurrence in the symptoms of Nasapratinaha was observed. As the disease was not treated with

medical treatment and leading to complications like sleep apnoea and mouth breathing, Nasya Karma was selected in this case.

### Personal history

Sleep: Disturbed  
Appetite: Good  
Bowel: Once a day  
Micturition: 5-6 times/ day  
Alcohol: occasional  
Tobacco chewing: No  
Smoking: No

### General Examination

Pulse rate: 72/min  
Respiratory rate: 17/min  
Blood pressure: 110/70mmHg  
Temperature: 98.6° F

### Systemic Examination:

All the systemic examinations were within normal limits

### TREATMENT ADOPTED

PROCEDURE	DRUG	DOSAGE	DURATION
Nasya	Shadbindu taila	8 drops in each nostril in empty stomach	For 7 days in the morning
Internal medicine-Vati	Tab. Mahalakshmvilasa rasa	1 bd after food with warm water	For 15 days from the 1 <sup>st</sup> day of nasya
Internal medicine	Haridra khanda	1 tsp bd before food with warm milk	For 15 days from the 1 <sup>st</sup> day of nasya
Internal medicine	Agastya hareetaki rasayana	1 tsp morning before food with warm milk	For 1 month after completion of nasya

### RESULT

After the treatment course, Patient came for follow up. He got relief from watery discharge and discomfort in the nose. Nasal blockage was slightly reduced.

### DISCUSSION

In Ayurveda, Panchakarma therapy is used for the maintenance of health and eradication of diseases from their root and Nasya Karma is one amongst them. In the therapy, the medicine is administered through nose either in the form of ghee, oil, liquid, powder, or smoke. It is particularly useful in the treatment of disease occurring in the organs, situated above the clavicle. Nasya aushadhi reaches to brain via nasal route and acts on higher centres of brain controlling different neurological, endocrinal and circulatory functions also purva karma massage of oil helps to stimulate the olfactory nerve. Lipid soluble substance have greater affinity for passive absorption through the cell wall of nasal mucosa and it is a route of absorption, further drug absorption can also be enhanced by local massage and fomentation. Because of the purva and pradhana karma, the congestion of nasal mucosa subsides. Shadbindu taila has anti-inflammatory, anti-bacterial and anti-viral properties. Hence, it helps in draining mucus and decreases inflammation of nasal mucosa. Due to this, the vimargaga dosha undergoes to swamarga gamana and Dhatu tarpana occurs and nasavarodha gets relieved. Hence nasya karma plays an important role in nasa pratinaha. Major benefits of nasya are no hospitalization is required and less instrumentation. Tab. Mahalakshmvilasa rasa is tridosahara and act as rasayana. It has anti-inflammatory action and helps in decreasing nasal congestion and is indicated in diseases of ear, eyes and head. Haridra khanda has ingredients

like Haridra, Nishotha, daruharidra, hareetaki etc which has anti - allergic, anti-histaminic, anti-inflammatory, anti- oxidant, anti-pruritic action helps in allergic rhinitis, allergic bronchitis and is beneficial in Nasapratinaha. After nasya, Agastya hareetaki is advised which is Vatakaphahara and has anti-tussive, mucolytic, anti-microbial, anti-inflammatory and immunomodulatory action. It acts as rasayana and helps in relieving the symptoms of Nasapratinaha.

### CONCLUSION

There are various medicines for Nasya but, Shadbindu taila has been proved very effective in the treatment of urdhvajatrugata vikaras. In this present case study, Shadbindu taila, one among the best Nasya medicine is selected for Nasya karma. Along with that, the above-mentioned internal medicines were given which shows significant results in the treatment of deviated nasal septum. This effectiveness can be attributed only to the potency of the contents, taking into the consideration of its convenience, easy adoptability, cost-effectiveness and curative results. Thus, Shadbindu taila Nasya along with mentioned internal medicines are said to be very useful in treating the Deviated Nasal Septum.

### FERENCES

1. Ambika Dutta Shastri Sushruta samhita, by Kaviraja Chaukhamba Sanskrit sansthan, Varanasi 2009, Uttarantra, Chapter.22, page no. 15-16.
2. Sushruta Samhita, by Kaviraja Ambika Dutta Shastri Chaukhamba Sanskrit sansthan, Varanasi 2009, Chikitsasthana, Chapter no.40, page no.54-55.
3. Sushruta samhita uttaratantra ,2nd part 11th Edition Chaukhamba Sanskrit sansthan, Varanasi, chapter 22, Shloka 15,16
4. Mathai J. Inferior turbinectomy for nasal obstruction review of 75 cases. Indian J Otolaryngology Head Neck Surgery, 2004; 56: 23-6.